

2026 WMJFL - Uniform & Weigh-In Procedures & Rules

The West Michigan Junior Football League has specific procedures & rules for Uniforms & Weigh-Ins that all communities must adhere to. They are as follows...

1. Players must wear full uniforms during games.
2. No jewelry is allowed except for medical reasons
3. All home teams must be prepared to supply helmet caps or pennies to the visitors if playing a visiting team with a similar colored jersey
4. Teams must have extra uniforms available in case of a player having blood on any part of their uniform. The player must change uniforms immediately
5. Make sure all equipment is correct, properly worn (helmets, mouth guards, shoulder pads, etc.) and that you have additional parts available if repairs are needed on site. Extra jerseys and pants should be considered, also.
6. One official weigh-in will occur no more than 30 minutes before game time and no less than 15 minutes before game time.
7. All fields will have 10lb weight to check the scale accuracy and must be set up on a hard surface.
8. A roster with numbers may be asked for by the home team coach if announcers are used at their home field.
9. All players will weigh in with full uniform and equipment. This includes...
 - a. Football pants with knee and thigh pads, hip and tailbone pads or a girdle with hip and tailbone pads with football pants
 - b. Helmet with chinstrap
 - c. Shoulder Pads
 - d. Football cleats or tennis shoes
 - e. Mouthpiece attached to helmet
10. Weight & Ages
 - a. A participant's playing level will be determined by his grade rather than his age. The following chart depicts the level of play and the age and weight stipulations for this format to be effective. There will be no deviation from this chart:
 - i. 3rd/4th Grade
 1. Tackle-To-Tackle Weight (Yellow Stripe) – 135 lbs. & Over
 2. Non-Ball Carrying Weight (Blue Dot) – 115 lbs. & Over
 - ii. 5th/6th
 1. Tackle-To-Tackle Weight (Yellow Stripe) - 160 lbs. & Over
 2. Non-Ball Carrying Weight (Blue Dot) - 140 lbs. & Over
 - b. In the event a player's grade/age is questioned, please inform your local league director and it will be handled, if necessary, in as timely a fashion as possible.
 - c. Yellow Striped Players
 - i. OFFENSIVELY... Tackle to tackle weight means the player will be playing offensive center, offensive guard, or offensive tackle if you play only ONE Yellow Striped player. If a team has TWO or more "Yellow Striped" players, a team is now allowed to play TWO (only) at the same time. However, they must play on the offensive line in Offensive Tackle positions (on either side of the center), ONLY! No other combinations will be allowed
 - ii. DEFENSIVELY... Teams will be allowed to have ONE yellow-striped player on the defensive line. That player will be allowed to play in ONE of the Defensive Tackle positions, ONLY. There does not need to be a corresponding, yellow-striped player on the offensive side of the ball if a team has one on the defensive side

- iii. No one over the Tackle-to-Tackle Weight (Yellow Stripe) will be allowed in the backfield, on special teams (including on 4th down when a team is punting) or in any position to intentionally or unintentionally advance the ball. This includes the positions of kickoff receive (except Front Line player) and punt receive, punter, running back, quarterback or receiver (special teams) as well as any defensive lineman designated as a yellow-striped player.
 - iv. Any child over the Tackle-to-Tackle Weight may have the option to move up a level with parent and coaches' permission. Kick off receive is allowed on front line only.
- d. Blue Dotted Players
- i. Blue Dots will be placed on the front and back of a player's helmet to indicate players over the Ball Carrying Weight.
 - ii. OFFENSIVELY...these players must play on the offensive line, excluding the TE position.
 - iii. DEFENSIVELY...these players may play any position. However, they may not advance the ball regardless of the situation including interceptions, fumble recoveries, etc. For Special teams, blue-dotted players can handle kicking/punting duties

